

In the Claims:

1. (Currently Amended) ~~The broad~~ A method ~~for consisting of the~~ composition and creation of music, comprising:

defining a musical tempo based on a heart rate variability cycle of a human, wherein a fundamental interval of the musical tempo is approximately half of a period of the heart rate variability cycle and the musical tempo includes a plurality of secondary intervals defined by division of the fundamental interval;

creating a musical composition based upon the defined musical tempo; and wherein providing musical breathing cues [[are]] within the musical composition based on the fundamental interval and the plurality of secondary intervals contained for the purpose of synchronizing the breathing cycle for the purpose of synchronizing the heart rate variability cycle with [[the]] a breathing cycle.

2. (Currently Amended) The ~~[[broad]]~~ method of claim 1 wherein the fundamental interval further comprises by which a 5.88 second interval is incorporated into musical composition for the purposes of providing listeners and singers with musical breathing cues with which the breathing cycle is to be consciously synchronized for purposes of synchronizing the heart rate variability cycle with the breathing cycle.

3. (Currently Amended) The ~~[[broad]]~~ method of claim 1 ~~2~~ wherein tempos further comprising defining a primary set of intervals within the plurality of secondary intervals, wherein intervals within the primary set of intervals with an interval are each evenly divisible into 5.88 seconds ~~are specified and noted to be of import and application to heart rate variability synchronization.~~

4. (Currently Amended) The ~~[[broad]]~~ method of claim 2 ~~by which further comprising defining a primary set of intervals to include 21 intervals novel tempos, the interval of each being evenly divisible in to 5.88 seconds, are generated and employed for the purpose of creating music that contains a 5.88 second interval.~~

5. (Currently Amended) The ~~specific~~ method of claim ~~[[2]]~~ 1 ~~wherein present state of the art tempos of creating the musical composition based upon the defined musical tempo further comprises repeating the musical breathing cues at a period of at least one of 51 beats per minute,~~

102 beats per minute, 153 beats per minute, and 204 beats per minute, each being evenly divisible into 5.88 seconds as a multiple of 5 ~~are employed for the purpose of creating music containing to create~~ an identifiable 5.88 second interval within the musical composition.

6 – 8. (Cancelled)

9. (Currently Amended) The ~~[[broad]]~~ method of claim ~~[[8]]~~ 1 wherein the fundamental interval includes a 5.88 second interval, and further comprising providing ~~[[a]]~~ the musical breathing ~~[[cuc]]~~ cues is provided exactly at the end of each 5.88 second ~~[[bar]]~~ interval to signal a change of phase in the breathing phase cycle.

10. (Currently Amended) The ~~[[broad]]~~ method of claim ~~[[2]]~~ 1 wherein the fundamental interval further comprises a 5.88 second interval and creating a musical composition based upon the defined musical tempo further comprises creating an identifiable a melodic sequence is played within the 5.88 second ~~[[bar]]~~ interval such that ~~[[the]]~~ an end of the melodic sequence indicates ~~an impending~~ a change of phase in the breathing cycle.

11. (Currently Amended) The method of claim 10 wherein providing the musical breathing cues further comprises providing the melodic sequence to a plurality of singers, wherein the plurality of singers can singing forms the basis of sing along with the melodic sequence ~~[[such]]~~ and recognize that the end of the melodic sequence indicates ~~an impending~~ the change of phase in the breathing cycle.

12. (Currently Amended) The method of claim ~~[[10]]~~ 11 wherein further comprising instructing the plurality of singers to alternate singing along with the melodic sequence within different measures of the 5.88 second ~~[[bars]]~~ interval, such that as ~~[[one]]~~ a first one of the singer(s) plurality of singers sings ~~[[.]]~~ a second one of the plurality of singer(s) singers inhales and visa-versa the first one of the plurality of singers and the second one of the plurality of singers take turns singing.

13. (Currently Amended) The ~~specific system~~ method of claim ~~[[6]]~~ 1 wherein further comprising incorporating 21 novel tempos are incorporated based on a 5.88 second interval into Maelzel's Metronome either in addition to present state of the art tempos or as a discrete instance

of Maelzel's Metronome optimized to produce tempos in accordance with the 5.88 second interval.

14. (Currently Amended) The ~~[[broad]]~~ method of claim ~~[[2]] 1~~ wherein further comprising recomposing existing musical compositions are reemposed to accommodate the fundamental interval, wherein the fundamental interval further comprises a 5.88 second interval.

15 - 18. (Cancelled)

19. (Currently Amended) The ~~[[broad]]~~ method of claim ~~[[2]] 1~~ wherein further comprising recording and reproducing the ~~[[music]] musical composition~~ within which a 5.88 second interval is contained for the purpose of synchronizing the breathing cycle is recorded and reproduced including all forms in at least one ~~[[of]] recorded [[media]] medium~~, wherein the fundamental interval further comprises a 5.88 second interval.

20. (Currently Amended) The ~~[[broad]]~~ method of claim ~~[[2]] 1~~ wherein ~~music the musical composition includes within which a 5.88 second interval is contained for the purpose of synchronizing the breathing cycle is played and further comprising playing the musical composition~~ for live audiences.

21. (Currently Amended) The ~~[[broad]]~~ method of claim ~~[[2]] 1~~ wherein ~~music the musical composition includes within which a 5.88 second interval is contained for the purpose of synchronizing the breathing cycle is transmitted and further comprising transmitting the musical composition over various transmission media for purposes of listener participation including at least one of a television medium, a radio medium, and an internet medium, and other forms of transmission.~~

22. (Currently Amended) The ~~specific~~ method of claim ~~[[6]] 1~~ further comprising defining the plurality of secondary intervals to include 21 intervals with each of the 21 intervals being evenly divisible into 5.88 seconds, incorporating the musical tempo into a metronome, wherein a mechanical or electronic metronome uniquely identifies and providing at least one of 51 beats per minute, 102 beats per minute, 153 beats per minute, and 204 beats per minute, as being of special significance wherein the metronome includes at least one of a mechanical metronome

and an electronic metronome.

23. (Currently Amended) The ~~specific~~ method of claim ~~[[7]]~~ 1 ~~wherein further comprising defining the plurality of secondary intervals to include 21 intervals with each of the 21 intervals being evenly divisible into 5.88 seconds, a hardware-optimized or software-optimized synthesizer uniquely incorporating the musical tempo into an electronic synthesizer, and providing at least one of~~ identifies 51 beats per minute, 102 beats per minute, 153 beats per minute, and 204 beats per minute as being of special significance via the electronic synthesizer.

24. (Currently Amended) The ~~instructive~~ method ~~of claim 1 wherein the fundamental interval includes a by-which-the~~ 5.88 second interval, and further comprising performing the musical composition is demonstrated to the listener(s) as part of at least one of a live ~~[[or]] and a recorded performance music. Per this instructive method, the 5.88 second interval is identified and demonstrated to the participant such that they are able to discern it clearly as the music is being played.~~

25. (Currently Amended) The ~~instructive~~ method ~~of claim 1 wherein the fundamental interval includes a 5.88 second interval, and further comprising instructing by-which-an individual a singer is-instructed~~ to alternate singing and inhaling on alternating instances of the 5.88 second intervals ~~interval.~~

26. (Currently Amended) The ~~instructive~~ method ~~of claim 1 wherein the fundamental interval includes a 5.88 second interval, and further comprising instructing by-which-multiple a plurality of singers are-instructed~~ to sing stanzas on alternating instances of the 5.88 second intervals interval such that as ~~[[one]] a first one of the plurality of singer(s) singers sings a second one of the plurality of other singer(s) singers inhales and visa-versa the first one of the plurality of singers and the second one of the plurality of singers take turns singing.~~

27. (Currently Amended) The method of claim ~~[[10]]~~ 1 ~~wherein the fundamental interval includes a 5.88 second interval, and further comprising differentiating the wherein musical breathing cues not only describe the to identify a beginning and an end of the 5.88 second interval but also differentiate and differentiating between alternating instances of the 5.88 second interval intervals to be used specifically for inhalation and specifically for exhalation.~~

28. (New) A system for composition and creation of music, comprising:
a tempo generator adapted to define a musical tempo based on a heart rate variability cycle of a human, wherein a fundamental interval of the musical tempo is approximately half of a period of the heart rate variability cycle and the musical tempo includes a plurality of secondary intervals defined by division of the fundamental interval; and
a control system adapted to:
create a musical composition based upon the defined musical tempo; and
provide musical breathing cues via the tempo generator within the musical composition based on the fundamental interval and the plurality of secondary intervals for the purpose of synchronizing the heart rate variability cycle with a breathing cycle.
29. (New) The system of claim 28 wherein the tempo generator further comprises at least one of a metronome and a synthesizer.
30. (New) The system of claim 29 wherein the metronome further comprises at least one of a mechanical metronome and an electronic metronome.
31. (New) The system of claim 28 wherein the tempo generator is further adapted to define the fundamental interval to include a 5.88 second interval.
32. (New) The system of claim 28 wherein the tempo generator is further adapted to define a primary set of intervals within the plurality of secondary intervals, wherein intervals within the primary set of intervals are each evenly divisible into 5.88 seconds.
33. (New) The system of claim 28 wherein the tempo generator is further adapted to define a primary set of intervals to include 21 intervals.
34. (New) The system of claim 28 wherein the control system is further adapted to repeat the musical breathing cues at a period of at least one of 51 beats per minute, 102 beats per minute, 153 beats per minute, and 204 beats per minute, each being evenly divisible into 5.88 seconds as a multiple of 5 to create an identifiable 5.88 second interval.

35. (New) The system of claim 28 wherein the control system is further adapted to repeat the musical breathing cues at a period other than 51 beats per minute, 102 beats per minute, 153 beats per minute, and 204 beats per minute.
36. (New) The system of claim 28 wherein the fundamental interval further comprises a 5.88 second interval, and the control system is further adapted to provide the musical breathing cues at the end of each 5.88 second interval to signal a change of phase in the breathing cycle.
37. (New) The system of claim 28 wherein the fundamental interval further comprises a 5.88 second interval and the control system is further adapted to create a melodic sequence within the 5.88 second interval such that an end of the melodic sequence indicates a change of phase in the breathing cycle.
38. (New) The system of claim 37 wherein the control system is further adapted to provide the melodic sequence to a plurality of singers, wherein the plurality of singers can sing along with the melodic sequence and recognize that the end of the melodic sequence indicates the change of phase in the breathing cycle.
39. (New) The system of claim 38 wherein the control system is further adapted to instruct the plurality of singers to alternate singing along with the melodic sequence within different measures of the 5.88 second interval, such that as a first one of the plurality of singers sings a second one of the plurality of singers inhales and the first one of the plurality of singers and the second one of the plurality of singers take turns singing.
40. (New) The system of claim 28 wherein the control system is further adapted to incorporate 21 tempos based on a 5.88 second interval into Maelzel's Metronome.
41. (New) The system of claim 28 wherein the control system is further adapted to recompose existing musical compositions to accommodate the fundamental interval, wherein the fundamental interval further comprises a 5.88 second interval.
42. (New) The system of claim 28 wherein the tempo generator is further adapted to define the plurality of secondary intervals to include 21 intervals with each of the 21 intervals being

evenly divisible into 5.88 seconds, and wherein the control system is further adapted to provide outputs of the 21 intervals in at least one of an analog format and a digital format.

43. (New) The system of claim 28 wherein the control system is further adapted to record and reproduce the musical composition in at least one recorded medium, wherein the fundamental interval further comprises a 5.88 second interval.

44. (New) The system of claim 28 wherein the control system is further adapted to create the musical composition to include a 5.88 second interval and to play the musical composition for live audiences.

45. (New) The system of claim 28 wherein the control system is further adapted to create the musical composition to include a 5.88 second interval and to transmit the musical composition over at least one of a television medium, a radio medium, and an internet medium.

46. (New) The system of claim 28 wherein the tempo generator is further adapted to define the plurality of secondary intervals to include 21 intervals with each of the 21 intervals being evenly divisible into 5.88 seconds, and to provide at least one of 51 beats per minute, 102 beats per minute, 153 beats per minute, and 204 beats per minute.

47. (New) The system of claim 28 wherein the tempo generator is further adapted to define the fundamental interval to include a 5.88 second interval, and the control system is further adapted to perform the musical composition as part of at least one of a live and a recorded performance.

48. (New) The system of claim 28 wherein the tempo generator is further adapted to define the fundamental interval to include a 5.88 second interval, and the control system is further adapted to instruct a singer to alternate singing and inhaling on alternating instances of the 5.88 second interval.

49. (New) The system of claim 28 wherein the tempo generator is further adapted to define the fundamental interval to include a 5.88 second interval, and the control system is further adapted to instruct a plurality of singers to sing stanzas on alternating instances of the 5.88

second interval such that as a first one of the plurality of singers sings a second one of the plurality of singers inhales and the first one of the plurality of singers and the second one of the plurality of singers take turns singing.

50. (New) The system of claim 28 wherein the tempo generator is further adapted to define the fundamental interval to include a 5.88 second interval, and the control system is further adapted to differentiate the musical breathing cues to identify a beginning and an end of the 5.88 second interval and to differentiate between alternating instances of the 5.88 second interval for inhalation and exhalation.